

Barrington Area Council on Aging, Inc.

May/June 2008

Serving seniors, family caregivers, and the community

From the Director

As you all know, we do have that word “aging” in our title. And, yes, BACOA does work hard to help seniors to age in place and stay in the community for as long as possible, but BACOA isn’t just for older adults. Our circle of care touches the old and the young; the frail, the active, and those caring for others.

The theme of our annual meeting, on April 30, was “Serving the Community Across Generations.” Our program for the evening included presentations by four individuals who have been touched by BACOA, ranging from a Barrington High School student to a local senior.

We also provided an update on our **age-friendly initiative**, in which we have engaged representatives from local organizations, business, education and government to discuss Barrington’s age-readiness. Based on the outcomes of the BACOA planning retreat last year, a smaller study group has narrowed our focus to promoting the development of paid employment and volunteer opportunities for — and in service to — older adults in the Barrington community.

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We also elected board members who will serve three-year terms. They are: **Tony Dutter, Rosemarie Mitchell, Meg Peirce, Jill Remack, Connie Schofield, and Barbara Tomasello; Kim Duchossois** joined our Advisory Board. Officers for the coming year are: **Dr. James Wilson**, president; **Meg Peirce**, vice president; **Sue Grossinger**, secretary; and **Bob Koch**, treasurer. **Rosemarie Mitchell** is past president.

We thanked AARP Income Tax Program volunteers **John Costello, Bill Decherd** and **Barrington Bank & Trust**; as well as SHIP volunteers **Larissa Eliashevsky** and **Carol Kosner**. We acknowledged social services staff members **Penny LeNeveu** and **Diane Vos Hansen** for five years of service to BACOA. Special recognition was also provided to **Ken and Sandy Wodek**, owners of Barrington Cellars, for their longstanding support of our major fundraiser, BACOA’s annual wine tasting.

Our Keith and Freddie Pederson Distinguished Leadership Award went to **Rosemarie Mitchell** and **ABS Associates, Inc.** The award recognizes individuals or organizations who have displayed outstanding leadership on behalf of older adults and family caregivers. Rosemarie’s first contact with BACOA was as a family caregiver to her now 99-year-old mother; she joined the Board in 2002. This was when we began preparation for our move to The Garlands, and her business sense and business connections proved invaluable. She is also a generous and caring individual, who has shared the technical skills and resources of her employees, helping us improve our overall use of technology. Rosemarie is always exploring and challenging us to make BACOA better.

As always, I welcome your thoughts.

Joyce

Lunch and Activity Program

BACOA STAFF

Joyce Palmquist, *Executive Director*
Linda Avellon, *Program Coordinator*
Sarah Hoban, *Public Relations/
Marketing*
Penny LeNeveu, *Social Services
Coordinator*
Sue McNamara, *Administrative
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Barrington Park District 235 Lions Drive, Barrington

Doors open at 10:30 a.m.; bingo begins at 11; and lunch is served at noon. Suggested donation is \$3.50 per person unless noted otherwise. Registration required; call Linda Avellon at BACOA at (847) 852-3892.

Monday, May 5 - Annual Spring Fling

Bingo and lunch. The Barrington Junior Women's Club will host "A Frank Sinatra Tribute." Entertainment will be by Peter Prisko; lunch will be provided by Marvella's. Doors will open at 11 a.m.; the program will conclude at 2 p.m. Admission is free. Please make reservations by Wednesday, April 29.

Monday, May 12 - Older Americans Month Luncheon

Bingo and lunch. The program will celebrate Older Americans Month with music provided by "Elmer's Tunes." They will perform old standards and Big Band songs.

Monday, May 19

Bingo and lunch. Mary Hartje, outreach coordinator at Plum Grove of Palatine, will present a program on fitness. Blood pressures will be taken, and May birthdays will be celebrated.

Monday May 26

Closed for Memorial Day.

Monday, June 2

Bingo and lunch. Agent Chris Jelinek, of the Federal Communications Commission, will discuss options for television, once stations convert to digital-only TV in February 2009.

Monday, June 9- Annual Flag Day Celebration

Bingo, lunch and celebration of Flag Day. Members of American Legion Post #158 will provide and serve lunch. Music will be performed by Doug Saylor and Joyce Palmquist of "Second Wind." Please make reservations, by Wednesday, June 4.

Monday, June 16

Bingo and lunch. Caryl Derenfeld of Learned Conversations will tell the story behind the creation of the American flag.

Monday, June 23

Bingo and lunch. Katie Walsh, of the Cook County Sheriff's Department, will present a program on the Cell Phones For Seniors Program, and distribute free emergency 911 cell phones. Please make reservations, by Wednesday, June 18. June birthdays will be celebrated, and blood pressures will be taken by BACOA's social service coordinator, Diane Vos Hansen.

Education and Support

Alzheimer's and Memory Loss

The **May** meeting of the **Alzheimer's Association Support Group** will focus on options for home health care. It will meet Thursday, May 15, from 1-3 p.m.

The **June** meeting will be an open forum; it will meet Thursday, June 19 from 1-3 p.m.

The group provides education, speakers and support for families and caregivers of Alzheimer's patients. It meets the third Thursday of every month in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington. There is no charge for this group, but registration is requested for first-time participants; please call BACOA at (847) 381-5030.

Caregiver Support

The **May** meeting of the **Caregiver Support Group** will feature BACOA SHIP volunteer counselors Carol Kosner and Larissa Eliashevsky, who will discuss Medicare and caregiver issues. The meeting will be Wednesday, May 7, from 7-9 p.m.

At the **June** meeting, BACOA Executive Director Joyce Palmquist will discuss difficult caregiving situations. The group will meet Wednesday, June 4, from 7-9 p.m.

BACOA's Caregiver Support Group provides ongoing education and support for caregivers; meetings are held on the first Wednesday of each month at the BACOA office in the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. New members are always welcome to attend. Call Penny LeNeveu at BACOA at (847) 381-5030.

Parkinson's Disease

The **Parkinson's Disease Education Group** will not meet in May because of the Memorial Day holiday.

In **June**, Julianne Kennelly, from Athletico in Barrington, will discuss the importance of balance and fitness with Parkinson's disease. The meeting will be held Saturday, June 28 from 10-11:30 a.m.

The group is open to Parkinson's disease

patients and their family members who wish to learn more about the disease. It meets on the fourth Saturday of each month at The Garlands of Barrington. For more information, call Penny LeNeveu at BACOA at (847) 381-5030.

Low Vision Education and Support

BACOA's **Low Vision Education and Support Group** will visit the Wheeling Township Low Vision and Education Group for its **May** meeting on Thursday, May 1. The group will leave Lake Barrington Woods at 12:15 and return to Lake Barrington Woods around 3:15. Transportation will be provided by Harmony Home Care.

In **June**, Krista Erickson, from the Lake County Center for Independent Living, will discuss LCCIL's resources for low vision. The meeting will be Thursday, June 12, from 1-2 p.m. at Lake Barrington Woods.

The group meets on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Barrington. The meetings are open to all ages, and transportation is available via Pace. For more information, please call Diane Vos Hansen at BACOA at (847) 852-3898.

Arthritis Foundation Exercise Program

People with arthritis *can* exercise.

The **Arthritis Foundation Exercise Program** is specifically designed for people with arthritis and emphasizes relaxation and joint-protection techniques that you can practice at home.

The program, sponsored by BACOA, the Greater Chicago Chapter of the Arthritis Foundation, and Barrington Horizon, is held on Thursdays, from 9:30-10:30 a.m. at Barrington Horizon, 1418 S. Barrington Rd., Barrington.

Cost for a ten-week session is \$22. Participants can join at any time and will be given credit toward the next session. For more information, call Linda Avellon at BACOA at (847) 852-3892.

Education and Support

Powerful Tools for Caregivers

BACOA will begin its next six-week **“Powerful Tools for Caregivers”** class on Tuesday, May 13 from 1-3:30 p.m. The class will be held at Alden Estates of Barrington, 1420 S. Barrington Rd., Barrington.

The course is designed for the nonprofessional caregiver who is helping to care for a parent, spouse, or friend who lives at home, in a nursing home, or across the country. This program helps family caregivers reduce stress, improve self-confidence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources.

The course, which will run through June 17, consists of six weekly sessions and is conducted on an ongoing basis throughout the year. Suggested donation is \$30 per person to cover the cost of materials and instruction, but no one is turned away due to inability to pay. For more information or to register, please call BACOA at (847) 381-5030.

Take Charge of Your Health!

BACOA, in partnership with Age Options and Advocate Good Shepherd Hospital, will offer **“Take Charge of Your Health!”** a free weekly health education class for adults 60 and over. The six-week program, which will begin Friday, June 6 and will run through July 18, will meet from 10 a.m.-noon in the Community Health Room at Advocate Good Shepherd Hospital in Barrington.

The course is based on Stanford University’s **“Chronic Disease Self-Management Program”** which has proved effective in improving health outcomes of participants. Topics covered will include coping with ongoing health conditions; exercise and nutrition; using medications; communicating with family and friends; and evaluating new treatment options.

This program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health. For more information, call Penny LeNeveu at BACOA at (847) 381-5030.

Emergency cell phones to be offered

Cook County seniors can register and receive a free emergency 911 cell phone at an upcoming program sponsored by BACOA and Cook County Sheriff Thomas J. Dart. The program will be held Monday, June 23, at 12:30 p.m. at the Barrington Park District, 235 Lions Drive, Barrington.

The **Cell Phones for Seniors** program provides a free 911 emergency cell phone to Cook County residents over age 65 who do not have a cellular phone. Seniors attending the program will receive a phone, two batteries, a charger and instructions on how to access 911 service on the cell. Barrington-area residents who would like to donate old or unwanted cell phones to the Cell Phones for Seniors program can drop them off at the Barrington Park District during business hours. Any brand or model of cellular phones will be accepted, whether in working order or not.

For more information or to register for the program, call Linda Avellon at BACOA at (847) 852-3892. For more information on the Cook County Sheriff’s Cell Phones for Seniors Program, call the sheriff’s office at (773) 869-7878.

Meals With Wheels

Through BACOA’s **Meals With Wheels** program, a nutritious mid-day meal is provided Monday through Friday, to senior citizens who are unable to cook for themselves and do not live with a paid caregiver. Suggested donation is \$5 per meal; however, if you have special circumstances, the cost of the meal may be reduced. A home visit and assessment are required prior to program participation. Call BACOA for more information.

Things To Do

Flower Power: Botanic Garden tour

Area seniors are invited to join BACOA for a trip to the **Chicago Botanic Garden** on Wednesday, June 24.

The trip will feature a Grand Tram Tour as well as free time to explore the garden and its exhibits, and a one-hour lunch break. Attendees will travel by motorcoach, which will leave from the Barrington Park District at 9:15 a.m. and return to Barrington around 2:15 p.m. Cost of the trip will be \$25, which includes transportation, admission to the garden and the tram tour. Arrangements for the visit were made with the help of Cook County Commissioner Gregg Goslin and the Barrington Country Home Garden Club.

Seats are limited; for reservations, call Linda Avellon at BACOA at (847) 852-3892.

Pontoons and a picnic: Lake County Seniors Day

BACOA and the Barrington Park District will provide area seniors free transportation to the Lake County Forest Preserves' annual **Seniors Day Celebration**.

The celebration, on Wednesday, June 11, will feature free pontoon boat rides, sponsor exhibits, health screenings, bingo, horseshoes, swimming, and native garden tours, at Independence Grove Forest Preserve in Libertyville. A DJ will spin hits from the '40s, '50s and '60s, and take special requests. Attendees should bring their own lunch. A bus will leave Langendorf Park at 9 a.m. and return around 2:30 p.m.

For more information or to register, call Linda Avellon at BACOA at (847) 852-3892.

See the sites that made Milwaukee famous

Area seniors are invited to join BACOA and the Barrington Park District for a **day in Milwaukee** on Wednesday, June 18.

The trip will include tours of the Pabst Theatre, Milwaukee Country Stadium and the Miller Brewery, as well as lunch at the Safe House. Cost for the trip is \$80, which includes transportation by motorcoach bus and all tours. Lunch is not included in the fee.

The bus will leave the Barrington Park District at 8 a.m. and return to Barrington around 6 p.m. Seats are limited; for reservations, call Linda Avellon at BACOA at (847) 852-3892.

Thursday lunch program at Greencastle of Barrington

BACOA and Greencastle of Barrington invite all Barrington-area seniors to attend the **Thursday lunch program** at Greencastle from 11:30 a.m.-1 p.m. and to participate in the "Senior Social" following lunch.

Greencastle is located at 445 E. Main in Barrington. Parking is available next door at First Church of Christ Scientist (enter lot from Main Street). Lunch is served at noon for a suggested donation of \$3.50. Advance registration is required; call BACOA for reservations.



Students from BACOA's "Art Matters" class and from The Garlands joined their talents for "Artistic Journey," an exhibition at The Garlands gallery. An opening reception (above) was held April 4.

Things to Do

Wander Wisconsin

Spend the day riding trains, sampling fresh fruit and enjoying the scenic splendor of southeast Wisconsin. The Barrington Area Council on Aging, the Barrington Park District and the Palatine Township Senior Citizens Center are co-sponsoring a **daylong trip** to Elkhorn and Lake Geneva on Saturday, July 19. Among the attractions:

— The East Troy Electric Railroad, which features vintage trolley rides through Kettle Moraine State Forest. Riders will stop at the Elegant Farmer, a full-service farmer's market.

— The Apple Barn Orchard and Winery in Elkhorn.

— A lakeside dinner at Popeye's in Lake Geneva.

Cost for the trip is \$72, which includes transportation, admission to the East Troy Railroad, winetasting at the Apple Barn, and dinner. A motorcoach bus will leave PTSCC at 8:30 a.m. and

the Barrington Park District at 9 a.m. It will return to Barrington at approximately 6:30 p.m. and to Palatine at 7 p.m. Registration deadline is July 2. For information and reservations, call Carla Smothers at the Barrington Park District at (847) 304 5286.

Swing Under the Stars

Dance the night away in Citizens Park.

BACOA, Sunrise of Barrington and the Barrington Park District will sponsor **an evening of dancing**, live music and refreshments at the Jewel Tea Pavilion in Citizens Park on Friday, June 27 at 7 p.m. Cost is \$5. Singles and couples are welcome; music will be provided by Vito Buffalo. Beer and wine may also be purchased for an additional fee.

Pre-registration is necessary; call Linda Avellon at BACOA at (847) 852-3892.

Yes! I want to help the Barrington Area Council on Aging continue to provide its programs and services to older adults, family caregivers and the community.

Enclosed is my/our gift of \$25____ \$50____ \$75____ Other \$_____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

I have remembered BACOA in my/our will

I would like information on including BACOA in my will/estate plan

Please charge my gift of \$

VISA MASTERCARD

Acct. # _____ Exp. Date _____

Your gift is tax deductible as provided by law.

Thank you for your support!

Please return to :

Barrington Area Council on Aging

6000 Garlands Ln., Suite 100

Barrington, IL 60010

Partners In Caring

Friend	Below \$100
Partner	\$100-\$249
Bronze Partner	\$250-\$499
Silver Partner	\$500-\$999
Gold Partner	\$1,000-\$2,499
Platinum Partner	\$2,500-\$4,999
Patron	\$5,000-\$9,999
Benefactor	\$10,000-24,999
Partners Circle of Care	\$25,000+

Things to Do

Good News for Globetrotters

Pack your passport—BACOA has exciting travel opportunities in 2008.

BACOA, The Garlands of Barrington and Collette Vacations are offering a variety of international tours in the coming year:

“Canadian Rockies by Rail.” Departure date: August 9, 2008.

Explore the spectacular Canadian Rockies by train.; the ten-day trip includes city tours of Vancouver and Calgary as well. Cost is \$3,799 (double) and includes round-trip airfare from Chicago, hotel transfers, air taxes and surcharges of \$75, and 15 meals.

“Islands of New England.” Departure date: September 26, 2008.

Enjoy autumn in New England. Eight days; cost is \$1,949 per person (double) and includes round-trip air from Chicago, hotel transfers, air taxes and surcharges of \$50, and 11 meals.

“Beijing City Stay.” Departure date: October 21, 2008. Explore the capital of the People’s Republic of China. Nine days; cost is \$1,769 (double) and includes round-trip air from Chicago, hotel transfers, air taxes and surcharges of \$310, and 15 meals.

Europe’s Christmas Markets. Departure date: December 5, 2008.

Do your holiday shopping at world-famous Christmas markets in Austria, Germany, Switzerland and France. Nine days; cost is \$2,199 (double) and includes round-trip air from Chicago, hotel transfers, air taxes and surcharges of \$400, and 12 meals.

BACOA and the Barrington Park District have partnered with Mayflower Tours to offer a selection of U.S. tours. They include:

“Islands of New England.” Departure date: July 12, 2008. The seven-day trip includes tours of Boston, Martha’s Vineyard and Nantucket. Cost is \$1,984 per person (double) and includes nine meals, round-trip airfare from Chicago and \$35 in future travel credits.

Yosemite, Lake Tahoe and San Francisco. Departure date: August 4, 2008. City charms and the great outdoors are highlights of this eight-day trip. Cost is \$2,213 (double) and includes round-trip airfare from Chicago, seven meals and \$40 in future travel credits.

“Polar Bear Discovery.” Departure date: October 4, 2008.

See majestic arctic polar bears on the shores of Hudson Bay. The nine-day trip will include stops in Winnipeg, Manitoba and polar bear viewing from tundra buses. Cost is \$2,798 (double) and includes round-trip motorcoach transportation; 15 meals, and \$45 in “Mayflower Money.”

Mayflower offers a “Guaranteed Share Program,” which can provide a roommate for tours. All trips are reserved on a first-come, first-served basis. For more information, call Linda Avellon at BACOA at (847) 852-3892.

Meals with Wheels drivers needed

BACOA needs **volunteer drivers** for its Meals with Wheels program. Volunteers deliver a healthy, hot noon meal to persons who are unable to shop or prepare their own meals. Meals are ready for pickup in Barrington at 11 a.m. Monday through Friday; routes take about an hour to an hour and a half to complete. We’re in particular need of drivers for the second Tuesday and the third Wednesday of the month.

For more information, call Sue McNamara at BACOA at (847) 381-5030.

Get cooking with Chicago taste tour

Put all of your senses to work on a tour of Chicago’s culinary specialties. BACOA and the Palatine Township Senior Citizens Council are sponsoring **“The Great Tastes of Chicago,”** on Friday, May 9. The tour will feature stops in the city’s neighborhoods, where participants can enjoy spices, chocolate and bakery goods. Lunch at a premier culinary school will be included as well.

A motorcoach bus will leave the Barrington Park District, 235 Lions Drive, at 8:30 a.m. and return around 5 p.m. Cost of the trip is \$82.

For more information, call Linda Avellon at BACOA at (847) 852-3892.